

FITNESS 1440

Group Schedule

Starts March 2nd

Sunday

Monday

Tuesday

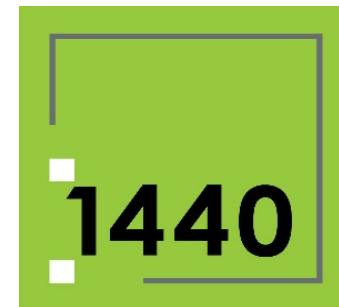
Wednesday

Thursday

Friday

Saturday

	hiit:1440 5:00am Jenifer	pump:1440 5:00am Marie		hiit:1440 5:00am Jenifer		
	pump:1440 8:00am Christine	Silver Sneakers 8:30am Stephanie O	pump:1440 8:00am Christine	Silver Sneakers 8:30am Stephanie O	pump:1440 8:00am Courtney	pump:1440 8:30am Christine/Marie
	Silver Sneakers 9:00am Stephanie O					Real Ryde 9:30am Dolby
			Lunch Crunch Come & Go 11:45pm-12:30pm Heather			yoga:1440 10:00am Stephanie
	step:1440 4:30pm Stephanie B		step:1440 4:30pm Stephanie B			
	Cycle & Core 5:30pm Angela	pump:1440 5:00pm Christine	Cycle Intervals & Arms 5:30pm Angela			
	kickboxing:1440 5:30pm Heather	Cycle Strength 5:30pm Jillian	yoga:1440 6:00pm Angela			
	pump:1440 6:30pm Christine	hiit:1440 6:00pm Jenifer	pump:1440 6:30pm Marie	hiit:1440 6:00pm Jenifer		
		ZUMBA 6:30pm Gary		ZUMBA 6:30pm Gary		



*All classes are first come first serve bases, Members are Priority.

***In case of bad weather, classes will follow SAISD cancellations and delays.

***All classes are subject to change

